

Capital Dance Center FAQ

Frequently Asked Questions

Q. What experience do I need to learn to dance?

A. You need no experience to begin to learn to dance. Enter beginner level classes and get on the road to learning. Don't be hard on yourself. Allow yourself to make mistakes and laugh at yourself when you do.

Q. What shoes should I wear to dances and classes?

A. Flexible, smooth-soled shoes are best for the dance floor. Rubber soles (like running shoes) can stick to the floor making it difficult to slide and move across the floor. The wrong shoes can even lead to knee or ankle injury. Ladies should avoid backless shoes and open toes when they are first learning to dance. The serious student will want to invest in a quality pair of shoes for the sport of dance.

Q. What kind of clothes should I wear?

A. Casual, comfortable clothing is acceptable for classes. When attending social dances attire can be formal or semi-formal, depending upon the venue and particular event.

Q. What if I have trouble learning to dance?

A. Everyone can learn to dance at some level. Some people learn more quickly than others. Like any new skill, learning to dance requires time and repetition. Relax and keep practicing. In time you will be able to determine if the sport of dance is a good fit for you.

Q. Do I have to do anything special before I go to a dance or a class?

A. Dancing brings you into close proximity to other dancers, so you'll want to pay extra attention to personal hygiene. Many people have allergies or sensitivities to scents so avoid strong perfumes, colognes or hand lotions. To prevent the spread of germs, wash your hands often.

Q. What if I don't understand what my teacher or partner is telling me?

A. Ask the teacher for clarification if you don't understand points discussed in class. There's no such thing as a stupid question. If you are unclear about something, others may be unclear on that point as well.

Q. How do I ask a person to dance?

A. Just walk up to someone, smile, hold out your hand and just ask...“Would you like to dance?” If the person declines, don’t be discouraged. Ask someone else.

Q. Any other advice?

A. Have fun! Just relax, listen to the music, and enjoy the people you meet. Don’t worry about your skill level. We were all beginners once. Remember, you are at the dance to have fun and socialize.